

# Troy Aikman Leads Effort To Raise Awareness Of Migraine Among Men

(NAPSA)—Many people know Troy Aikman as one of the most impressive figures ever to grace the gridiron: three-time Super Bowl winner, Pro Football Hall of Famer, and Dallas Cowboys “Ring of Honor” inductee. Fewer know that for years, Aikman has had what he thought were “only headaches,” but which recently were diagnosed as migraines.

Migraine headaches affect an estimated 28 million Americans, but only about half have been diagnosed. Classic symptoms include throbbing pain on one side of the head, moderate to severe pain intensity, worsening of pain when moving or bending over, nausea, vomiting, and sensitivity to light and sound. Non-traditional symptoms often include sinus pain or pressure and pain in the back of the head or neck.

While migraines are often thought of as only affecting women, an estimated 7 million men in the United States cope with migraine headaches.

Men are less likely than women to see a doctor about their headaches. According to a survey of migraine patients, only half of male migraine sufferers had consulted a physician at some point for their migraines, compared to nearly three-quarters of female sufferers. Men cite fear, denial, embarrassment and threatened masculinity as reasons for not seeing a doctor. If left untreated, migraines can make it tough to participate in daily activities.

Aikman experienced what he thought were simple headaches since he was a teenager. He chose to “tough them out” rather than see a physician, even though his sister was diagnosed with migraines. When he asked his doctor about his symptoms, he was diagnosed with migraines and prescribed Imitrex® (sumatriptan succinate) Tablets, one of the most commonly prescribed migraine-

## Get The Migraine Facts

- Approximately 28 million Americans suffer from migraines—an estimated 7 million of them are men.
- According to a survey of migraine patients, only 49 percent of male migraine sufferers have consulted a physician at some point for their migraines, compared to 73 percent of females.
- According to a survey of 20,000 households, 78 percent of male migraineurs had their daily activity restricted because of their headaches.
- A recent survey of working men showed that of those who had been diagnosed with a migraine, 69 percent of men diagnosed with migraine have had their job performance negatively impacted as a result of their bad headaches.

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specific prescription medications.

“With my work and travel schedule, I can’t always avoid my triggers, but at least I’m better prepared,” said Aikman, whose most frequently encountered migraine triggers include stress and the change in air pressure associated with flying.

Bolstered by the positive impact treatment has had, Aikman is speaking out to men, encouraging those with frequent bad headaches to stop toughing it out and visit a doctor.

“I think a lot of men are like me and persuade themselves that it’s ‘only a headache,’” said Aikman. “Trust me; no man wants to admit that what he thinks is only a headache has got the best of him. I now know better, and I want to share that knowledge with others.”

Aikman currently serves as spokesman for the Know Your Migraine Game Plan education

initiative. As part of the Game Plan, Aikman stresses to men the importance of working with a physician to understand their headaches, get the right diagnosis, and get a treatment that works for them.

## What You Can Do

If you suffer from frequent bad headaches, they may be migraines, and there are simple steps you can take to get the help you need. Learning to recognize and explain your symptoms is the first step. Research has shown that migraine sufferers who are able to accurately report their symptoms may be more likely to obtain the proper diagnosis.

“One tool that can help you talk to your doctor about your symptoms is the Headache Quiz, available at [www.headachequiz.com](http://www.headachequiz.com),” said Aikman. “Take the quiz and talk to your doctor about the results. Once you get a proper diagnosis, you can get the proper medication.”

## About Imitrex

Imitrex is a prescription medication indicated for the acute treatment of migraine in adults. Imitrex should only be used when a clear diagnosis of migraine has been established. Patients should not take Imitrex if they have certain types of heart disease, history of stroke or TIAs, peripheral vascular disease, Raynaud syndrome, or blood pressure that is uncontrolled. Patients with risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes, or smoking, should be evaluated by a doctor before taking Imitrex. Very rarely, certain people, even some without heart disease, have had serious heart related problems. Patients who are pregnant, nursing, or taking medications should talk to their doctor.

Please consult complete Prescribing Information available at [www.imitrex.com](http://www.imitrex.com).